

October 2015



West Ridge Care Center

West Ridge Breeze

From Richard's Desk

As we enter the Autumn months of the year, the colors always remind me that change is upon us. The change in the light, with skies a deeper blue, and nights that become suddenly clear and chilled. The season comes full with the first frost, the disappearance of migrant birds and the harvesting of the season's last crops. This is God's gentle

way of reminding us that things never stay the same for very long.

With the change of the seasons it always brings on the cold and flu symptoms. Please don't forget the importance of the flu shot. Flu shots are the best defense against contracting the flu, along with handwashing. It is important for all health care workers

and visitors to protect themselves in order to be able to protect the elders of West Ridge.

Have a great month and thank you for giving us the opportunity to serve the elders of this community.

Richard



Social Work News

Hello all! October is Resident's Rights Month. At West Ridge Care Center we strive to make sure each individual is cared for to the best of our ability and treated with dignity. Upon admission we highlight this and inform family and elders of their individual rights at West Ridge. We promote treating each individual with respect, encourage freedom of choice,

allow ready access to information, keep that information private and confidential, and work with grievances to make West Ridge the best it possibly can be. Most importantly we work to prevent mistreatment and abuse occurring within and outside our walls.

Elder abuse is defined as the abuse, neglect, or exploitation of an individual age 60 and over. It is one of the

most under-recognized and under-reported problems in the United States. It is estimated that up to 84% of elder abuse cases go unreported. There are several types of elder abuse including: denial of critical care by care-taker, self-denial of care, financial exploitation, physical abuse, emotional abuse, sexual abuse, and abandonment. *(Continued on Page 2)*

Nursing Notes

As we move into fall and the nights get shorter, the days get colder I want to remind families to bring in sweaters (especially cardigan type), cozy socks, throws and even comforters if your loved one desires. If your loved one does not have warm clothes and coats for appointments, please bring those in also. A Rubbermaid container with clothes can easily be stored in the bottom of the closet, if you are needing

more room.

Also as I walk around the facility I notice many of the beds do not have the facility bedspreads on them. I have inquired and the nursing staff have informed me that most elders don't care to have them on their beds because they are heavy. They make the rooms look very nice and can be folded up at the end of the bed, when the elder is in bed. Please let a WRCC staff member know if you

would like to try a bedspread on your bed.

Lastly if you have not filled out a flu vaccination consent form for yourself or loved one, please do so as soon as possible. They were sent out in last month's billing. We would like to start giving them October 1st!

Katie Ross-Candia



Social Work News– continued

Please help us in our mission of ensuring safety and wellbeing for our residents and elders in the community. If you witness any mistreatment or abuse at West Ridge please report the incident to administrative staff or the Department of Inspections and Appeals at 1-877-686-0027.

If you witness abuse in the community, please report the incident to the Department of Human Services at 319-892-6700 or call the Abuse Hotline at 1-800-362-2178. Thank you for helping us protect our elders and for recognizing each

individual's right to being treated with dignity and respect.

Abby



In Sympathy

We would like to express our deepest sympathies to Norma Gage and the entire Gage family for their loss.

Dr. Melvin Gage was part of the West Ridge family for a long time and he will truly be missed.



Food For Thought

Can you believe that it is already October? How this year is flying by so quickly. Our garden continues to give us a lot of produce. We have been getting cucumbers, peppers and tomatoes. We cannot wait to get more so that we can put them on the tables for our elders to enjoy.

I have currently just finished taking my 90 hour food service class. I have learned a lot of new things that I hope to bring to

our dietary department. I also just finished collecting information from our elders on how our food has been in the last few weeks. We have received a lot of positive feedback from our elders. We also have received a few suggestions. I always pride myself on using the information I receive from elders and their families to improve the dining experience here at West Ridge. If anyone ever needs anything or has recipe suggestions,

please feel free to visit with myself or the Dietician.

We have also brought a few new team members to the dietary department. If you see them around say hello. They are all really great for our team in the kitchen.

Erin



Autumn Harvest Cookies

It's that time of year when we start thinking of harvest and baking and the upcoming holidays. Here is a recipe that is an oatmeal-raisin cookie with a twist."

Ingredients:

1 cup softened butter
½ cup brown sugar
½ cup white sugar
2 eggs
½ teaspoon orange extract
½ teaspoon vanilla extract
1½ cups all-purpose flour
¼ teaspoon salt
1 teaspoon baking power
1 teaspoon pumpkin pie spice
2½ cups rolled oats
½ cup chopped walnuts
1 cup dried cranberries

Directions:

1. Preheat oven to 350° F. Line a baking sheet with parchment paper.
2. Cream together butter and the brown and white sugars in a bowl until smooth. Beat in the eggs, vanilla and orange extract.
3. In a separate bowl, combine the flour, salt, baking powder and pumpkin pie spice; stir flour mixture into the sugar mixture. Add the rolled oats, walnuts, and cranberries and mix thoroughly. Using a small ice cream scoop or teaspoon, drop rounded scoops of dough onto the prepared cookie sheet.

4. Bake in the preheated oven until the edges are golden, 8-10 minutes. Allow the cookies to cool on the baking sheet for 1 minute before removing to a wire rack to cool completely.

Recipe found on Allrecipes.com



Happy Birthday to You

The following people have birthdays in the month of October. Be sure to wish them a "Happy Birthday" when you see them!

Elders

Donald Smith on 10/9

John Wojtowicz on 10/11

Bertha Ehrenberger on 10/12

Alberta Welty on 10/19

Care Partners

Abby Martin on 10/2

Dennis Baughman on 10/3

Mariah Davis on 10/6

Kathleen Ahart on 10/9

Jasmine Reuter on 10/10

Katie Candia-Ross on 10/15

Gina Callan on 10/17

Susan Poplawski on 10/17



Let's Welcome Them

We would like to welcome the following people to the West Ridge family. We hope that they find West Ridge to be a special place to live and work.

Elders

Chuck Gradoville

Virginia Griffin

Louis Janacek

Sharon Knoke

Billi Meyers

Marvin Quaas

Ed Sanders

Don Smith

Rose Smith

Karol Toland

Ronald Vannote

Pauline Weber

Care Partners

Shirley Fraise

Courtney Harlock

Melanie Simmons



Happy Anniversary

Thank you to the following staff who have anniversary dates in the month of October for all your hard work and dedication to West Ridge.

Seven Years

Frank Creque

Six Years

Brittney Shasteen

Three Years

Yolla Chalhoub

Crystal Douthart

Jason Ryan

Two Years

Dennis Baughman



Katy's Corner

It's baffling to think October is already making its appearance in the year 2015, but did you know, if this was about 1300 years ago- it would be two months past "October"?

October is the tenth month in the Gregorian calendar that we use today, and consists of 31 days. However, October used to be the eighth month in the Roman calendar prior to King Numa Pompilius adding the months of January and February in 700 BCE. This explains were October gets its name- *octo* meaning eight in Latin.

It's a very cliché month for pumpkins and rusty colors, because for us in the northern hemisphere it is a time of harvest and tradition, before winter stunts the agricultural and overall outdoor prosperity. Most of us know how it goes, October 1st strikes and every isle of every store is doused in black and orange- flairs of purple and green for discolored bats and conniving witches. All of which are derived from Grimm Brother type tales involving the ancient prosperity of harvest and its connection with the spirits of the

dead... and those caught in-between. Halloween can mostly chalked-up to western European tradition, these were once very believed practices, like letting the children dress up and go door-to-door to scare the bad spirits away that could spoil their crop yield, rewarding them with some goody treats in return, or the idea that the day before All Saints Day (or the Day of the Dead) unleashed any and all hellion spirits for one night, before they were once again locked away in the land in-between.

But what about the southern hemisphere? Our long lost Kangaroo friends? This time of year for them is spring, as they just getting out of winter. October is equivalent to April in the southern hemisphere, and the way they perceive this time of year and experience their holidays and traditions is different but also very similar.

It is neat to think that although flowers are blooming and the trees are just starting to get their leaves back (even though a large majority of trees are tropical and don't really

lose all of their leaves), everywhere from Australia to South Africa puts forth effort into celebrating Halloween. They have their own twists to it, the type of "treats" they receive as well as "tricks", but for the most part, this Celtic driven tradition has made its way from the Atlantic to the Pacific with its wicked and spooky tales.

It's a great thing to consider that, although thousands of miles away, tradition and celebration can have the same meaning and impact on families and communities, whether the leaves are falling or growing.

So I recommend going out with the family or friends, to a local pumpkin patch like Bloomsbury Farms in Atkins or Honey Creek Acres in Swisher, and making some memories of your own in this warm, rich, and fun tradition, of Halloween.

Katy Smith



Keep In Touch

Do you live out of state from your loved one at West Ridge? Perhaps you are here but your children are out of town or state? Remember that we can help the elders Skype with you or a family member. In the past we even helped an elder "attend" a grandson's wedding

via Skype! It is a great way to stay in touch and gives your loved one a visual connection they wouldn't get through a telephone call. Please call Julie Winterboer if you have any questions about setting up a Skype session with your loved one.

Don't forget also that West Ridge has a Facebook page. Be sure to "Like" us so that you can see pictures of what we are up to!



Trick-or-Treat!

Please join us on Saturday, October 24th from 3-5pm for Trick-or-Treating. This event is open to youngsters age infant – 12 years old. Bring your children and grandchildren to West Ridge to Trick or Treat in a fun, safe (and warm!) environment. There will be lots of candy to be had as well as

several fun games to play. You don't need to register in advance but feel free to call Julie Winterboer at 390-3367 if you have any questions.

We are also in need of a few volunteers to help with the games. If you are interested, please let Julie know.



Activities and Recreation

I know I say this all the time, but I can't believe how fast this year is passing by! We had a summer full of fun with time spent outside enjoying our relatively mild summer warmth, a baseball game, pontoon boat ride, fishing trip and lots of picnics. Now we get to enjoy our fall activities such as a hay ride, leaf trip and a trip to the apple orchard. And our favorite fall foods, apples, caramel,

popcorn and more! I love this time of year! The weather, the beautiful fall colors, football, and the anticipation of the upcoming holidays. Be sure to check our Facebook page and signs posted around West Ridge for upcoming events. Before you know it, I will be talking about Christmas parties!

With the upcoming holidays, please let us know if you want to reserve the Conference Room,

Dining Room or other areas of West Ridge for your family get-togethers. The Dining Room will have some limitations on availability due to meal times and activities so be sure to call soon to reserve an area.

Enjoy Fall Y'all!

Julie



October is...

Celebrating Autumn Month
Celebration of Apples Month
National Chili Month
National Dessert Month
National Physical Therapy Month
National Pizza Month
National Popcorn Poppin' Month
2– World Smile Day
3– 25th Anniversary of Germany's Reunification

6-12– National Physician Assistants' Week
12– Columbus Day
12-16– Firefighters' Week
13– Navy Birthday
15– National Grouch Day
15-21– Gourmet Coffee Week
16– National Boss Day
17– Sweetest Day
24– 70th Anniversary of the Founding of the United

Nations, 1945
24– Make a Difference Day
26– Pumpkin Day
27– Full Moon
27– Navy Day
28– 50th Anniversary of the Completion of the Gateway Arch, St. Louis, MO
31– Halloween

